

HOLY CROSS HEALTH

Fall 2017

A Regional Leader in Providing
Expert Care to Women, Like Caitlyn

PAGE 4



6 | Award-Winning
Quality Care for
Our Community



8 | More Than 50
Types of Health
and Wellness
Classes



HOLY CROSS GERMANTOWN HOSPITAL OFFERS THE LATEST ROBOTIC SURGERY SYSTEM

The robotics program at Holy Cross Health continues to pioneer minimally invasive surgery advancements as part of our ongoing commitment to innovation and high-quality care. Holy Cross Hospital was the first hospital in Montgomery County to offer robotic surgery in 2008, and now Holy Cross Germantown Hospital has acquired the *da Vinci Xi*® Surgical System, the latest in robotic care.

Robotic surgery allows surgeons to perform more complex and intricate procedures with faster recovery times for our patients in the areas of gynecologic, urologic, thoracic and general surgery. In addition to the *da Vinci Xi*® Surgical System at Holy Cross Germantown Hospital, Holy Cross Hospital is equipped with two *da Vinci Si* Surgical Systems. For more information, visit HolyCrossHealth.org/News.



Albert Steren, MD, gynecologic oncologist and co-director, Center of Excellence in Minimally Invasive Gynecology (COEMIG), Holy Cross Health (pictured second from the right), and his surgical team prepare to perform the first procedure using the da Vinci Xi® Surgical System at Holy Cross Germantown Hospital on June 1.

NATIONALLY RECOGNIZED FOR QUALITY STROKE CARE

Holy Cross Hospital has achieved Gold Plus recognition and Holy Cross Germantown Hospital has achieved Silver Plus recognition in the American Heart Association's Get with the Guidelines®—Stroke Program for 2017.

The awards recognize Holy Cross Health's commitment and success in improving stroke care by adherence to the latest American Heart Association evidence-based treatment guidelines.



Saturday, October 14 at the Bethesda North Marriott Hotel & Conference Center

Join us for a special evening benefiting the Neuroscience Program at Holy Cross Health. Don a blue tie, dress or accessory and enjoy a reception with dinner and dancing.

For sponsorship information or to purchase tickets, contact Bethany Fox at 301-754-7133 or visit HolyCrossHealth.org/BlueTieBall.

PARTNERING TO BRING IMMUNIZATIONS TO COMMUNITY MEMBERS

The Primary Care Coalition has been awarded \$250,000 by Maryland Physicians Care, a Medicaid managed care organization, to purchase immunizations for residents enrolled in Montgomery Cares, a public-private partnership that provides basic health care to low-income and uninsured adults in Montgomery County. These funds were directed to Montgomery Cares by Holy Cross Health, one of the four Maryland health systems that owns Maryland Physicians Care.

HOLY CROSS HOSPITAL'S EPILEPSY MONITORING UNIT RECEIVES LEVEL 3 ACCREDITATION

Recently designated a Level 3 Epilepsy Center by the National Association of Epilepsy Centers (NAEC), the Holy Cross Hospital Epilepsy Monitoring Unit provides the highest level of medical evaluation and treatment for patients with complex epilepsy. The NAEC recognition means that Holy Cross Hospital not only provides routine care to individuals with seizures or epilepsy, but also specializes in providing comprehensive care to those with uncontrolled seizures.

The Holy Cross Hospital Epilepsy Center is equipped with state-of-the-art technology and combines the expertise of neurologists with advanced epilepsy training, the Epilepsy Monitoring Unit and surgical treatment to provide the best possible treatment outcomes for patients. For more information, visit HolyCrossHealth.org/Epilepsy.



PRESIDENT AND CEO, HOLY CROSS HEALTH

A MESSAGE FROM NORVELL V. COOTS, MD

Holy Cross Health is here for all of our community members to help you meet your goals and achieve a better quality of life—whether you are delivering a baby, having surgery, experiencing an emergency, needing primary care or wanting to get and stay healthy.

Last fiscal year, expert teams at Holy Cross Hospital and Holy Cross Germantown Hospital compassionately delivered more than 10,500 babies, thoughtfully admitted more than 41,000

patients, safely treated more than 105,000 emergency center patients and skillfully performed more than 13,000 surgeries.

Holy Cross Health also provided high-quality primary care to an additional 46,000 patients in the Holy Cross Health Centers in Aspen Hill, Gaithersburg, Germantown and Silver Spring, and in our Holy Cross Health Partners practices—all of which provide personalized care for better prevention, early detection and timely treatment of health issues.

We are proud of all of our community members, like you, who take advantage of the opportunities Holy Cross Health provides to get and stay healthy. We offer more than 50 low-cost or free fitness classes, support groups and self-care management programs in more than 140 locations throughout Montgomery and Prince George's counties.

Thank you for the trust you place in Holy Cross Health. Our commitment to meeting your needs remains steadfast.



Norvell V. Coots, MD



EXPERT CARE FOR

Mothers and Babies

LIKE CAITLYN AND JACKSON

Last year alone approximately 10,500 babies were born at Holy Cross Health—that’s a baby every hour of every day. But there is nothing *average* about delivering a baby at Holy Cross Hospital and Holy Cross Germantown Hospital.

Mothers throughout Montgomery County and beyond will tell you that Holy Cross Health offers sophisticated *and* compassionate maternity care. Our comprehensive services begin at the start of your pregnancy with prenatal education, and continue through labor, birth and beyond.

Caitlyn Barrett, who delivered her son Jackson at Holy Cross Germantown Hospital in March explains, “My nurses were exceptional, going above and beyond to care for me and my new little bundle of joy.”

According to Caitlyn’s obstetrician, Eric M. Ashkin, MD, Obstetrics and Gynecology, and vice president of the Medical Staff, Holy Cross Hospital, “More women choose to deliver their babies with us than any other hospital in Maryland or the District of Columbia because of the high-quality maternity and newborn care.”



Eric M. Ashkin, MD

Approximately 150 obstetricians are available to deliver your baby at Holy Cross Hospital or Holy Cross Germantown Hospital. And, experienced community obstetricians are always available on-site at both locations to assist patients and their obstetricians. A new midwifery program also is available at Holy Cross Germantown Hospital.

EDUCATION AND WELLNESS OPPORTUNITIES

HEALTHY YOU CHALLENGE **FREE**

Tuesdays, Sept. 12 - Oct. 10

6:30 to 8 p.m. / Holy Cross Germantown Hospital

Join us for a five-part series to learn more about fitness, nutrition and healthy cooking, all to improve health outcomes. Pre- and post-measurements will be taken to determine body changes, with a celebration at the conclusion for accepting this challenge to become a healthier you. Registration required.

CHILDBIRTH—JUST THE FACTS

Sunday, Oct. 8 / 9:30 a.m. to 1:30 p.m.

Holy Cross Germantown Hospital \$60 per couple

Signs of labor, the process of labor, medical interventions, medications and pain management will be discussed.

BREAST HEALTH SYMPOSIUM **FREE**

Saturday, Oct. 14

10 a.m. to 1 p.m. / Holy Cross Hospital

Join Holy Cross Health for an informational symposium focused on breast health and prevention, as well as the latest advances in diagnostic and treatment options for breast health. Our speakers will take you through the breast health care continuum. Hear from our physician experts, meet with exhibitors from various community resources, and speak with care providers. Refreshments and lunch provided. Registration required.

To see a full listing of classes and events or to register for the events shown here, visit HolyCrossHealth.org or call 301-754-8800.

For more information about our comprehensive women’s services or to find a doctor, visit HolyCrossHealth.org/Womens-health.

READY FOR THE UNEXPECTED

Soon after birth, Jackson suffered complications including pneumonia, and he was immediately moved to Holy Cross Germantown Hospital's Special Care Nursery, where he spent seven days. This nursery is able to care for babies who are born up to two months early or who require being on a ventilator for less than 24 hours a day.

This was a very frightening time for Caitlyn and her husband, Paul. "What could have been the worst time in our lives was made so much better by the staff," says Caitlyn. "My son and I were incredibly well taken care of and I could tell that every person with whom we interacted cared greatly for us."

Holy Cross Hospital's Neonatal Intensive Care Unit (NICU) cares for more newborns with complex medical issues than any other hospital in Maryland. This Level III NICU features a compassionate team of specialized physicians, nurses and therapists, and state-of-the-art technology to care for babies who are born early or have medical complications that require constant observation or care.

EXTENSIVE WOMEN'S SERVICES

In addition to our comprehensive obstetric services, Holy Cross Health provides advanced medical expertise and research to meet a wide spectrum of women's life-long health care issues including gynecologic, pelvic, breast care, and more.

But getting or staying healthy is always your best option. To get a jump on a healthy lifestyle, consider participating in a Holy Cross Health class or event. We offer classes on fitness and nutrition, managing chronic conditions, coping with stress and more. You may also want to attend one of our Ask the Doctors events. Learn more on page 9 or by visiting HolyCrossHealth.org/AskTheDoctors.

"I look at my son now—who is healthy, happy and amazing in every way—and when I think about our time in Holy Cross Germantown Hospital's Special Care Nursery due to Jackson's breathing problems, instead of remembering pain and fear, I recall the hope and love that permeated that place," says Caitlyn Barrett of Gaithersburg.

CAITLYN'S

Spirit of Caring

Caitlyn's maternity experience at Holy Cross Germantown Hospital was so special that she became a Holy Cross Health Foundation donor to express her appreciation.

"I am so grateful," she says.

To learn more or to make a donation, visit HolyCrossHealth.org/Foundation or call 301-557-GIVE (4483).





Holy Cross Germantown Hospital is the first community hospital in Montgomery County to acquire the da Vinci Xi[®] Surgical System, the most advanced robotic surgical technology.



Holy Cross Health's specialized neuroscience services offer the most advanced innovations for brain and spine health.

AWARD-WINNING QUALITY CARE FOR OUR PATIENTS



RANKED AMONG THE TOP 5% OF HOSPITALS NATIONWIDE FOR QUALITY

Year after year, Holy Cross Health receives accolades for excellence—a proud reminder of our commitment to deliver innovative, compassionate, quality health care to all of the communities we serve.

But what exactly is quality care?

“For hospitalized patients, quality centers on their daily experience and interaction with our team members,” explains Yancy Phillips, MD, chief quality officer, Holy Cross Health. “Everything we do is focused on helping people with their individual needs and goals to achieve a better quality of life.”

For health care professionals, quality means a focus on best practices, advanced training and access to the latest medical technology, such as the new *da Vinci Xi*[®] Surgical System at Holy Cross Germantown Hospital.

To insurers and health care regulators, quality is all about quantifiable measures—numbers that demonstrate effective care protocols, patient risk factors and outcomes.

Recently, *Healthgrades*, a nationally respected organization that analyzes hospital quality, recognized Holy Cross Hospital with the 2017 *Distinguished Hospital Award for Clinical Excellence*[™]. This is the fourth year in a row the hospital has been awarded for its superior performance in delivering safe, comprehensive and consistent quality care.

“Also important to quality is the structure of a hospital,” says Dr. Phillips. “Holy Cross Hospital and Holy Cross Germantown Hospital have strong physician and clinical leadership, advanced medical equipment, experienced staff, healing environments with private patient rooms and the latest electronic medical record technology, which all contribute to the quality of care provided to each and every patient.”



Nurses throughout Holy Cross Health provide compassionate care for patients in private rooms, which enhances patient safety, satisfaction and comfort.

ONGOING COMMITMENT TO QUALITY CARE

Quality does not happen overnight or by accident. It's the cumulative effect of building on a series of accomplishments over a long period of time. It starts with a highly qualified, compassionate team working together—everyone from physicians, nurses, lab personnel, pharmacy, nutrition services, environmental services and more.

Teams throughout Holy Cross Health routinely work together to analyze care processes and work flow to improve patient outcomes. Other teams are also working to help ensure patient safety and prevent avoidable complications. Everything from reducing infection to preventing falls and medication errors is critical.

Healthgrades also recognized Holy Cross Hospital's success in preventing avoidable complications during patient stays. The hospital has received the *Patient Safety Excellence Award™* for three years in a row—2014, 2015 and 2016.

A number of Holy Cross Health's specialties are recognized for excellence including joint and spine, epilepsy, gynecology, stroke, cardiology, neonatal intensive care, bariatrics, breast, cancer and more. This external validation lets patients know that these services are among the area's—and in some cases, the nation's—best.

WORKPLACE EXCELLENCE FOR THE 18TH YEAR IN A ROW

Holy Cross Health is proud to be Maryland's only health care provider awarded the Workplace Excellence Seal of Approval every year since 1999. More than 6,000 employees, physicians and volunteers work together to provide innovative, high-quality care at Holy Cross Health's two hospitals, and 10 primary and specialty care sites.

Holy Cross Health also won the Seal of Approval in the following areas: Health & Wellness initiatives to promote the well-being of all employees (10th year in a row); EcoLeadership for visionary employers promoting environmentally sustainable workplaces (ninth year in a row); and Diversity programs to ensure an ethnically rich team that reflects the community (fifth year in a row).



For more information or to see a full list of Holy Cross Health awards, visit HolyCrossHealth.org.

TAKE TIME FOR YOUR HEALTH

For additional classes, more information or to register, please call 301-754-8800 or visit

HolyCrossHealth.org. There you also may download a printable class registration form. Class dates, instructors and fees are subject to change.

Locations: Classes and events are at the following locations, unless otherwise noted.

- ★ **Holy Cross Hospital**, Holy Cross Health Conference Center
1500 Forest Glen Rd., Silver Spring.
For parking information and fees, visit HolyCrossHealth.org/Parking.
- ◆ **Holy Cross Germantown Hospital**
19801 Observation Dr., Germantown.
Parking is free.
- ▲ **Holy Cross Resource Center**
9805 Dameron Dr., Silver Spring
- **Holy Cross Senior Source**
8580 Second Ave., Silver Spring

Disease Management & Maintenance

BETTER BONES FREE

Maintain bone density while improving strength, flexibility and balance. Some exercises are done seated. For those age 55+. Classes are ongoing and are offered at four locations. Call 301-754-8800 to request a physician's consent form to register and for a schedule of classes.

DIABETES PREVENTION PROGRAM

(New classes starting in Sept. in English and Spanish)

This year-long, lifestyle-change intervention targets improving diet, adding exercise and losing weight for individuals at risk for developing type 2 diabetes. Call 301-557-1231 to see if you qualify. For information, visit HolyCrossHealth.org/diabetes-prevention-program.

DIABETES SELF-MANAGEMENT EDUCATION

Mondays, Sept. 11, 18, 25 & Oct. 16 or Nov. 6, 13, 20 & 27

1 to 4 p.m. / Location: ■ or 6:30 to 9:30 p.m. / Location: ▲

A four-week class series taught by a registered nurse to help you self-manage diabetes on a daily basis. Physician referral required. Covered by many insurance plans. To register, call 301-754-8200.

JOINT REPLACEMENT CLASS FREE

Mondays, Sept. 11 & 18, Oct. 2 & 16, Nov. 6 & 20; Dec. 4 & 18 / 2 to 4 p.m.

Location: ★

Wednesdays, Sept. 6 & 20, Oct. 4 & 18, Nov. 1 & 15, Dec. 6 & 20

11 a.m. to 12:30 p.m. / Location: ◆

Learn what to expect before, during and after surgery.

MARYLAND SOCCERPLEX ACTIVITIES

FREE

*Maryland SoccerPlex
Discovery Sports Center
18031 Central Park Circle,
Boys, MD 20841*

GIRL TALK

**Tuesday, Sept. 12
6:30 to 8:30 p.m.**

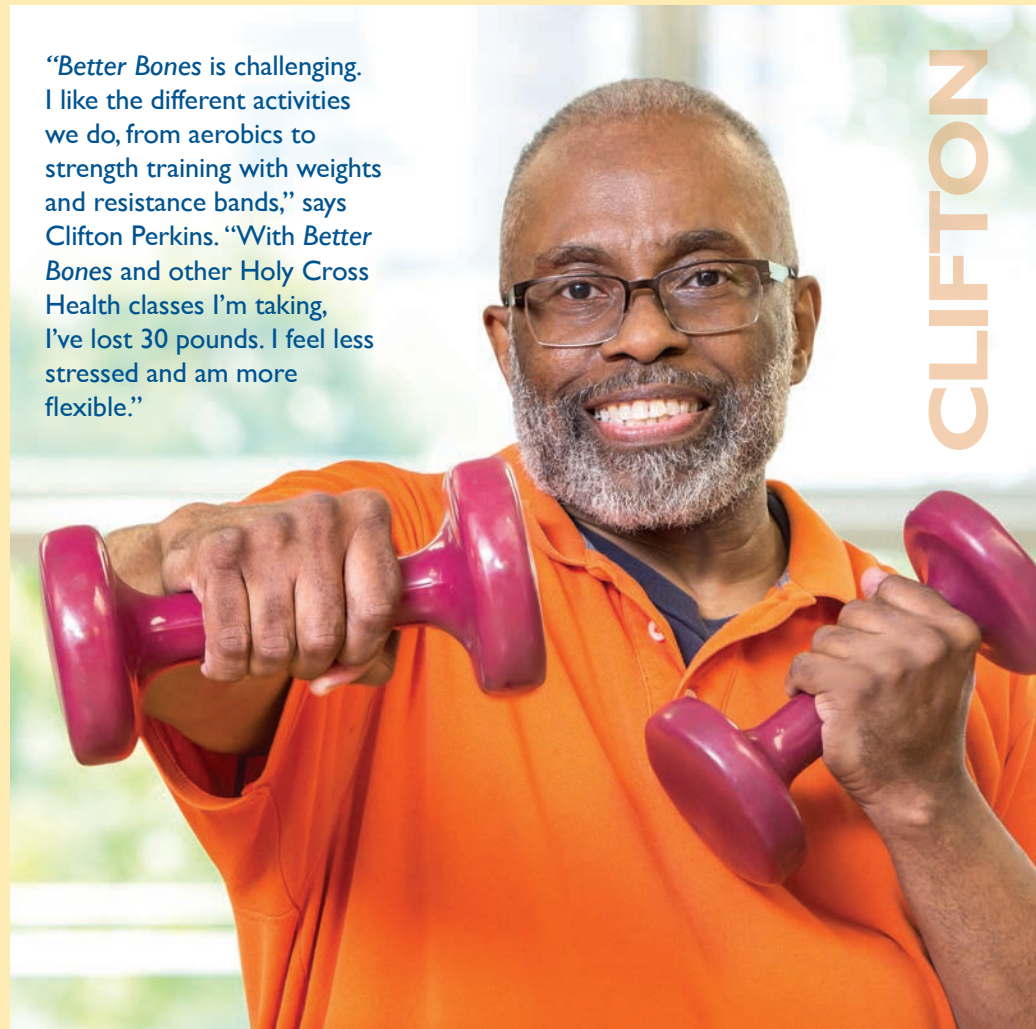
For girls ages 8 to 11 and their moms. Explore puberty changes, menstrual cycles and maintaining the lines of communication.

GRANDPARENTS-TO-BE

**Tuesday, Oct. 10
6:30 to 8:30 p.m.**

Making memories, supporting the new parents, keeping your grandbaby safe, as well as current trends in labor and delivery practices, infant care and feeding are discussed.

"Better Bones is challenging. I like the different activities we do, from aerobics to strength training with weights and resistance bands," says Clifton Perkins. "With Better Bones and other Holy Cross Health classes I'm taking, I've lost 30 pounds. I feel less stressed and am more flexible."



SPECIAL EVENT

FREE

WHAT'S NEXT AND NEW WITH THE AFFORDABLE CARE ACT?

Thursday, Oct. 12 / 6:30 to 8:30 p.m. / Location: ♦

Tuesday, Oct. 17 / 6:30 to 8:30 p.m. / Location: ★

Affordable Care Act (ACA) 2018 open enrollment begins Nov. 1. Now is the time to find out about coverage for yourself and your family. In preparation, Holy Cross Health will host two general sessions on ACA updates. Visit HolyCrossHealth.org or call 301-754-8800 to register for the general sessions.

In addition, ACA informational/enrollment sessions are scheduled for the public at various locations throughout the county during the open enrollment period. Call 301-754-8800 for more information on dates/times/locations for the informational/enrollment sessions.

LIVING WELL: A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM FREE

This six-week program teaches adults how to live a healthy life with chronic conditions and includes tools for improved self-management and ways to be your own best health care advocate. Call 301-754-8800 for workshop dates and locations.

MEDICAL ADULT DAY CENTER

Holy Cross Medical Adult Day Center provides social, recreational and medical programs for seniors and disabled adults. The center fosters a community atmosphere by celebrating and acknowledging each participant's unique skills and contributions to the group. Staffed with caring professionals, adult day care is a cost-effective alternative to residential care. For more information, to register for two free trial days or to schedule a tour, call 301-754-7150.

Disease Prevention

FITNESS & MOVEMENT

BABY BOOMER BOOGIE

Thursdays, Sept. 7 - Nov. 16

9 to 10 a.m. / Location: *Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd., Silver Spring, MD 20901*
11-week session: \$55

This high-energy, creative cardio workout combines basic dance steps and diverse musical styles to leave you feeling energized.

BALLROOM / LATIN / SWING DANCE: BASICS & BEYOND

Tuesdays, Oct. 3 - Nov. 7 or

Nov. 14 - Dec. 19

6:30 to 7:30 p.m. / Location: ▲

6-week session: \$70

Learn the social style of ballroom dancing in a friendly, fun and supportive atmosphere. Enjoy a gentle, varied cardiovascular workout. Couples and singles welcome.

BUILDING RESILIENCE

Sundays, Sept. 17 - Oct. 15 or

Oct. 22 - Dec. 17 / 3:15 to 4:15 p.m.

Location: ▲

5-week session: \$60; 9-week session: \$100

Learn how to use breathing, meditation, healing foods and gratitude practices to build your resilience for better health.

GENTLE YOGA

Thursdays, Sept. 14 - Oct. 19 or

Oct. 26 - Dec. 21 (no class Nov. 23)

6 to 7:15 p.m. / Location: ▲

6-week session: \$70; 8-week session: \$90

Learn how to relax using yoga techniques. This class is taught on the floor with modifications for people with movement limitations.

PILATES

Wednesdays, Sept. 6 - Oct. 18

(no class Sept. 20), Oct. 25 - Nov. 29

or Dec. 6 - Jan. 10 / 6:30 to 7:15 p.m.

Location: ▲

6-week session: \$70

A mat class to improve flexibility, core strength and posture.

ASK THE DOCTORS EVENTS

FREE

Holy Cross Germantown Hospital 19801 Observation Dr., Germantown, MD 20876

JOINTS: REPAIRS AND REPLACEMENTS

Wednesday, Sept. 13

6:30 to 7:30 p.m.

Learn about the risks and benefits of various treatment options for joint pain. Panelists include: orthopedists Korboi Evans, MD; Douglas Murphy, MD; and Gabriel Petrucci, MD.

BREAST HEALTH AND DISEASE

Thursday, Oct. 26

6:30 to 7:30 p.m.

Learn about mammography recommendations, the latest breast cancer treatments and reconstructive surgery. Panelists include: general surgeons Christopher Boyd, MD, and George Conrad, MD; Ali Al-Attar, MD, Plastic Surgery; Anu Gupta, MD, Radiation Oncology; and Ram Trehan, MD, Oncology.

IMPROVING LUNG HEALTH

Thursday, Nov. 9

6:30 to 7:30 p.m.

Bryan Steinberg, MD, Thoracic Surgery, discusses the latest advances in the diagnosis and treatment of lung conditions.

HELP FOR HERNIAS

Thursday, Dec. 7

6:30 to 7:30 p.m.

Learn about hernia types, symptoms and treatment options. Panelists include: general surgeons Christopher Boyd, MD, George Conrad, MD, Stephen McKenna, MD; and Alex Sailon, MD, Plastic Surgery.

Bring your questions to be answered by our physicians during a robust Q&A, or submit them online when you register in advance. Light refreshments will be served. Visit HolyCrossHealth.org/AskTheDoctors or call 301-754-8800 to register.

SENIOR FIT FREE

Senior Fit is a 45-minute exercise program for adults age 55+ that focuses on strength, balance, agility and cardiovascular fitness. Offered at 25 locations in partnership with Kaiser Permanente, the Montgomery County Department of Recreation, Maryland-National Capital Park and Planning Commission, Asbury Methodist Village, and local churches. Call 301-754-8800 to request a physician's consent form to register and for a class schedule and locations.

SWEET DREAMS, SLEEP MATTERS

Sundays, Sept. 17 - Oct. 15 or
Oct. 22 - Dec. 17 / 6 to 7 p.m.

Location: ▲

5-week session: \$60; 9-week session: \$100

iRest® Yoga Nidra is a guided meditation practice to reduce stress and anxiety to help improve sleep. Includes gentle stretching.

YOGA FOR LOWER BACK PAIN NEW

Thursdays, Sept. 14 - Oct. 19 or
Oct. 26 - Dec. 21 (no class Nov. 23)

10:30 to 11:30 a.m. / Location: ▲

6-week session: \$70; 9-week session \$100

Learn specific postures to help alleviate lower back pain.

YOGA FOR WOMEN

Sundays, Sept. 17 - Oct. 15 or
Oct. 22 - Dec. 17

4:30 to 5:45 p.m. / Location: ▲

5-week session: \$60; 9-week session: \$100

A yoga class designed for women age 30 and older to help reduce muscle tension.

YOGA I

Mondays, Sept. 11 - Oct. 16 or
Oct. 23 - Dec. 18

6:15 to 7:30 p.m. / Location: ▲

6-week session: \$70; 9-week session: \$100

Thursdays, Sept. 14 - Oct. 19 or
Oct. 26 - Dec. 21 (no class Nov. 23)

9 to 10:15 a.m. / Location: ▲

6-week session: \$70; 8-week session: \$90

This physically active, meditative experience develops flexibility and strength.

YOGA II

Thursdays, Sept. 14 - Oct. 19 or
Oct. 26 - Dec. 21 (no class Nov. 23)

7:30 to 8:45 p.m. / Location: ▲

6-week session: \$70; 8-week session: \$90

For continuing yoga students who have taken Yoga I.

ZUMBA

Wednesdays, Sept. 6 - Oct. 18
(no class Sept. 20) Oct. 25 - Nov. 29 or
Dec. 6 - Jan. 10 / 5:30 to 6:30 p.m.

Location: ▲ 6-week session: \$70

A professional dancer and choreographer leads this low-impact, Latin dance-based aerobic class.

EDUCATION & SCREENING

MATTER OF BALANCE FREE

Tuesdays, Sept. 12 - Oct. 31

2 to 4 p.m. / Location: ◆

Tuesdays, Sept. 19 - Nov. 7

1 to 3 p.m. / Location: ■

Are you worried about falls or near-falls? Learn how to reduce your risk for falls and increase strength and balance in this eight-class series.

MEDICATION REVIEW FREE

Friday, Sept. 29, Oct. 27, Nov. 24 or
Dec. 29 / Noon to 1 p.m. / Location: ◆

Wednesday, Oct. 4 or Dec. 6

(by appointment only)

10 a.m. to 1 p.m. / Location: ■

Bring in your medications and consult a Holy Cross Health pharmacist about drug interactions, proper dosing and side effects.

SUPPORT GROUPS

Holy Cross Health hosts a variety of FREE support groups. For a complete list, call 301-754-8800 or visit HolyCrossHealth.org/Support.

Childbirth, Parenting & Education

A BABY, MAYBE? FREE

Wednesday, Oct. 18 / 7 to 9 p.m.

Location: ◆

Learn about preconception planning—the do's and don'ts of a healthy pregnancy, including nutrition, exercises, lifestyle changes and budgeting for a baby. Learn about our maternity services and take a tour.

BABY CARE INSTRUCTIONS

Wednesday & Thursday, Sept. 27 & 28
or Monday & Tuesday, Nov. 20 & 21

6:30 to 9 p.m. / Location: ◆

\$60 per couple

Learn the basics of caring for your newborn with hands-on practice and other practical information.

"It's like a mental vacation," says Karen Maricheau about the *Sweet Dreams, Sleep Matters* class. "It helps me get a deep and restful sleep, and manage my stress. After each class, I have a profound sense of calm and well-being."



BREASTFEEDING: GETTING STARTED

Thursday, Nov. 2 or Tuesday, Dec. 26
6 to 9 p.m. Location: ♦ \$30 per couple

Get off to a great start in nourishing your baby. Topics include affirming the benefits, how breastfeeding works, latching on, positioning and signs that baby is getting enough. Partner encouraged to attend.

COMFORT MEASURES FOR LABOR

Tuesday, Oct. 17 or Thursday, Nov. 16
6 to 9 p.m. / Location: ♦ \$40 per couple

Learn and practice non-medical methods to cope with labor, including relaxation positioning, breathing techniques, massage and other comfort techniques.

FERTILITY CARE INTRODUCTORY LECTURE FREE

Wednesday, Sept. 6 or Oct. 4
7 to 9 p.m. / Location: ♦

A lecture on the basics of FertilityCare™, a method of holistic fertility awareness that can benefit women from teens through the menopausal years.

FIRST AID & CPR

These classes are designed for the general public, meet the requirements for day care providers and are not intended for health care professionals. An American Heart Association card will be issued upon completion. Classes include:

- **Heartsaver First Aid**
Saturday, Sept. 9 or Nov. 4
9 a.m. to 12:30 p.m. / \$50
- **Heartsaver: Adult CPR (AED training)**
Monday, Oct. 23 or Dec. 4
5:30 to 9:30 p.m. / \$60
- **Heartsaver: Adult/Infant/Child CPR (AED training)**
Saturday, Sept. 16, Oct. 14,
Nov. 11 or Dec. 16
9 a.m. to 2 p.m. / \$70
Location: ▲

MORE CHILDBIRTH AND PARENTING CLASSES

Holy Cross Hospital and Holy Cross Germantown Hospital offer a variety of classes, tours and exercise programs to help a family prepare for a new baby's arrival and beyond. For a complete list of classes, visit HolyCrossHealth.org.



"I delivered my baby at Holy Cross Germantown Hospital and had a beautiful private suite and received excellent care," says Sabrina Intoranat of Clarksburg. "Everyone there wanted to make our birth experience special, and they did."

To watch a short video about maternity services at Holy Cross Germantown Hospital, visit HolyCrossHealth.org/HCGHmaternity.

SABRINA

GETTING READY FOR BABY: A BABY FAIR FREE

Sunday, Nov. 12 / 1 to 3 p.m.
Location: ★

Talk with representatives from community organizations about baby products and services. Meet our nurses, childbirth educators and lactation support staff. Enjoy refreshments, prizes and hands-on demonstrations.

GIRL TALK

Wednesday, Dec. 13
6:30 to 8:30 p.m. Location: ♦

\$20 per girl with accompanying adult
For girls ages 8 to 11 and their moms. Explore puberty changes, menstrual cycles and maintaining the lines of communication.

GRANDPARENTS-TO-BE

Monday, Dec. 18 / 7 to 9 p.m.
Location: ♦ \$15 per person

Making memories, supporting the new parents, keeping your grandbaby safe, as well as current trends in labor and delivery practices, infant care and feeding are discussed.

INFANT CPR & SAFETY

Monday, Sept. 11 / 6 to 9 p.m.
Thursday, Sept. 21 / 6 to 9 p.m.
Monday, Oct. 2 / 6:30 to 9:30 p.m.
Sunday, Oct. 22 / 1 to 4 p.m.
Wednesday, Nov. 1 / 6 to 9 p.m.
Wednesday, Nov. 15 / 6:30 to 9:30 p.m.
Tuesday, Dec. 12 / 6 to 9 p.m.
Wednesday, Dec. 27 / 6:30 to 9:30 p.m.
Location: ♦ / \$30 per person

Addresses baby proofing, safety, CPR and choking rescue techniques for infants up to one year of age. This class is for families and is not intended for licensed childcare providers.

SAFE SITTER

Sunday, Oct. 8 or Saturday, Dec. 2
9 a.m. to 4 p.m. / Location: ▲
\$70 per person

A class for 11 to 13 year olds who are embarking on babysitting that covers child care safety, handling emergencies, first aid techniques and more.

For additional classes, more information or to register, call 301-754-8800 or visit HolyCrossHealth.org.

Norvell V. Coots, MD / President and CEO, Holy Cross Health
Louis Damiano, MD / Acting President, Holy Cross Hospital
Doug Ryder / President, Holy Cross Germantown Hospital
Annice Cody / President, Holy Cross Health Network

Providing the Right Care in More Places

HOSPITALS

1. Holy Cross Hospital
2. Holy Cross Germantown Hospital

HEALTH CENTERS

3. Holy Cross Health Center in Aspen Hill
4. Holy Cross Health Center in Gaithersburg
5. Holy Cross Health Center in Germantown
6. Holy Cross Health Center in Silver Spring

PRIMARY CARE SITES

7. Holy Cross Health Partners in Kensington
8. Holy Cross Health Partners at Asbury Methodist Village, Gaithersburg

EDUCATION AND WELLNESS

9. Holy Cross Resource Center, Silver Spring
10. Holy Cross Senior Source, Silver Spring

SPECIALIZED RESOURCES

11. Holy Cross Dialysis Center at Woodmore
12. Holy Cross Home Care and Hospice
13. Holy Cross Radiation Treatment Center
14. Sanctuary at Holy Cross (Trinity Senior Health Communities)
15. The Blue Door Pharmacy in Partnership with Holy Cross Health



For addresses and phone numbers, visit HolyCrossHealth.org.



Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910
301-754-7000

**Holy Cross
Germantown Hospital**
19801 Observation Drive
Germantown, MD 20876
301-557-6000

HolyCrossHealth.org
TTY 301-754-7406
To find a physician, call
301-754-8800.